

Countdown Workout

Live and Learn Sports

KS2

* 10 Star Jumps
* 10 Crunches
* 10 Squats
* 10 Sit Ups
* 10 Bicycles

**8**

**7**

**6**

**9**

**10**

* 5 Push Ups
* 5 High Knees
* 5 Squats
* 5 Heel Flicks
* 5 Lunges
* 4 Star Jumps
* 4 Crunches
* 4 Squats
* 4 Sit Ups
* 4 Bicycles
* 2 Star Jumps
* 2 Crunches
* 2 Squats
* 2 Sit Ups
* 2 Bicycles
* 6 Star Jumps
* 6 Crunches
* 6 Squats
* 6 Sit Ups
* 6 Bicycles

**4**

**3**

**2**

**1**

**5**

* 8 Star Jumps
* 8 Crunches
* 8 Squats
* 8 Sit Ups
* 8 Bicycles
* 9 Push Ups
* 9 High Knees
* 9 Squats
* 9 Heel Flicks
* 9 Lunges
* 7 Push Ups
* 7 High Knees
* 7 Squats
* 7 Heel Flicks
* 7 Lunges
* 3 Push Ups
* 3 High Knees
* 3 Squats
* 3 Heel Flicks
* 3 Lunges
* 1 Push Ups
* 1 High Knees
* 1 Squats
* 1 Heel Flicks
* 1 Lunges